

Youth Sports

Youth Field Hockey

(Ages: 7 to 15yrs) Field Hockey has quickly become one of the fastest-growing sports programs in the area. Grab your stick and sign up before it's too late. Special registration form required. The age determination date is November 1, 2010.

Rookie (7 to 9 yrs)
Junior (10 to 11 yrs)
Senior (12 to 15 yrs)

23-Aug to 23-Oct Dixon Park Fields

\$25 City, \$50 Non-City Resident

\$20 Late fee after 7/29

Registration Begins: 6/29 City 7/6 Non-City

Deadline to register: 7/29

📄 Special registration form required.

Fall Tot Field Hockey

(Ages: 5 to 6yrs) Join this program that will introduce your 5 and 6-year-old to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. The age determination date is November 1, 2010. No age waivers allowed in Tot Field Hockey.

Sa, 11-Sep to 9-Oct 1:00 PM - 2:00 PM

Dixon Park Fields

\$20 City, \$40 Non-City Resident

\$20 Late fee after 8/19

Registration Begins: 6/29 City 7/6 Non-City

Deadline to Register: 8/19

📄 Special Registration form required.



Dixon Park This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision.

Attention Parents!

This season's Youth Field Hockey, Soccer, and Baseball registration will be slightly different from previous years. Spaces will be limited for practice days; parents may sign-up for either Monday or Tuesday on a first-come, first-serve basis. We will attempt to fill all practice day requests, however we cannot guarantee availability.

Youth Soccer

Do you enjoy flexibility and options of practice and game days, or the convenience of playing at one location? Then join us on our Bermuda grass fields at the award-winning Dixon Park as we kick off our fall soccer season. Age determination date: November 1, 2010.

Novice (6-7yrs)
Rookie (8-9yrs)
Junior (10-11yrs)
Senior (12-15yrs)

23-Aug to 23-Oct

Dixon Park Fields

\$25 City, \$50 Non-City Resident

\$20 Late fee after 7/29

Registration Begins: 6/29 City 7/6 Non-City

Deadline to register: 7/29

📄 Special Registration form required.

Fall Tot Soccer

(Ages: 4 to 5yrs) Our instructional soccer program returns for another fun-filled season and will meet over five Saturdays. Kids will meet as a group and receive 30-minutes of instruction, and then scrimmage for the remaining 30 minutes. This is one of our most popular programs, and typically fills quickly. Age determination date: November 1, 2010.

Sa, 11-Sep to 9-Oct 12:00 PM Session 1

Sa, 11-Sep to 9-Oct 1:15 PM Session 2

Dixon Park Fields

\$20 City, \$40 Non-City Resident

\$20 Late fee after 8/19

Registration Begins: 6/29 City 7/6 Non-City

Deadline to Register: 8/19

📄 Special Registration form required.

Youth Sports

Youth Baseball

Do you have the next Ruth, Mays, Jeter or Ryan? Watch your children develop their talents through our exciting league. Each age division stresses skill development, sportsmanship, and friendly competition. The registration deadline is April 22. The age determination date is August 1, 2010.

T-Ball	(6yrs)
Coach Pitch	(7-8yrs)
Rookie	(9-10yrs)
Junior	(11-12yrs)
Senior	(13-15yrs)

1-Jun to 24-Jul Various City Fields

\$25 City, \$50 Non-City Resident

Registration Begins: 3/23 City 3/30 Non-City

Deadline to Register: 4/22 \$20 late fee after 4/22

📄 Special Registration form required.

Tot Baseball

(Ages 4 to 5) Tot Baseball for 4 & 5 year old players is designed to introduce basic baseball skills in a fun and non-competitive environment. Don't miss this chance to teach your child America's favorite pastime. Age determination date: August 1, 2010. No Age Waivers or Medical Excuses will be honored in the Tot 4 program.

4 Year Olds	10:00 - 11:00 AM
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5 Year Olds	11:15 - 12:15PM
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Sa, 12-Jun to 17-Jul Walker Grant Baseball Field

\$20 City, \$40 Non-City Resident

Registration Begins: 3/23 City 3/30 Non-City

Deadline to Register: 5/27 or until filled

📄 Special Registration form required.

Isshynru Karate

(Ages: 8 to Adult) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parent, you can take it with your kids - you'll both have fun, and learn something too!

Evening

2530.305 M W, 12-Apr to 19-May 6:00 PM - 6:50 PM

2530.307 M W, 7-Jun to 14-Jul 6:00 PM - 6:50 PM

2530.402 M W, 19-Jul to 25-Aug 6:00 PM - 6:50 PM

Saturday

2530.314 Sa, 17-Apr to 29-May 10:00 AM - 12:00 PM

2530.416 Sa, 5-Jun to 10-Jul 10:00 AM - 12:00 PM

2530.417 Sa, 24-Jul to 28-Aug 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 4/20 City 4/27 Non-City



Youth Football

Youth football is unlike any of our other youth sports programs. Kids will play against other teams from Colonial Beach, Westmoreland, Northumberland, and Lancaster. Travel is required for this program, and practices are limited to Tuesday and Thursday evenings once the season begins. The age determination date is September 1, 2010.

Flag	(7-8yrs)
Junior Varsity	(8-10yrs)
Varsity	(11-13yrs)

2-Aug to 11-Nov Old Mill Park

\$90 City, \$120 Non-City Resident

Deadline to Register: 7/15 \$20 late fee after 7/15

Registration Begins: 6/15 City 6/22 Non-City

📄 Special Registration form required.

Tot Flag Football

(Ages 5 to 6) Our instructional football program returns for another fun-filled season and will meet over five Saturdays. Kids will meet as a group and receive 30-minutes of instruction, and then scrimmage for the remaining 30 minutes. Age determination date: November 1, 2010.

11-Sep to 9-Oct 3:00 PM - 4:00 PM

\$20 City, \$40 Non-City Resident

Deadline to Register: 8/19

\$20 late fee after 8/19

Registration Begins: 6/29 City 7/6 Non-City

📄 Special Registration form required.

Youth Sports

Junior Karate

(Ages: 5 to 7yrs) Our Junior Karate class is a great introduction into the world of martial arts for your child. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited.

2520.306 M W, 12-Apr to 19-May 5:00 PM - 5:50 PM
2520.309 M Tu W, 1-Jun to 14-Jul 5:00 PM - 5:50 PM
2520.404 M W, 19-Jul to 25-Aug 5:00 PM - 5:50 PM
Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Homeschool Fencing

(Ages: 8 to 16yrs) Homeschoolers - try something new and fun! Our fencing instructor will teach you the basic stance and how to lunge. At registration you may opt to rent equipment or bring your own. Class size is limited, register early!

4400.211 Th, 6-May to 10-Jun 12:30 PM - 1:30 PM
Community Center Instructor: Taylor-McNally, Dan
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Fencing - Beginner + Intermediate

(Ages: 8 to 16yrs) Our trained instructor will meet with you once a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At the first day of class, you will need to rent equipment for \$20, or you can bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited so don't miss your chance, sign up today!

Beginner Fencing

4444.209 Tu, 27-Apr to 8-Jun 6:30 PM - 7:30 PM
\$60 City, \$65 Non-City Resident

Take the next step!

Intermediate Fencing

4444.210 Tu, 27-Apr to 8-Jun 6:30 PM - 7:30 PM
\$70 City, \$75 Non-City Resident
Community Center Instructor: Taylor-McNally, Dan
Registration Begins: 4/20 City 4/27 Non-City

Birth Certificate (proof of age)

is required at the time of registration for youth sports and camps, unless one is already on file. A special registration form is required for each youth and tot sport. These forms are available in the Parks and Recreation office and on-line at www.fredericksburgva.gov

Survivor Camp

(Ages: 11 to 15yrs) Do you have what it takes to Survive? Challenge yourself mentally and physically in the water, in the air, and on the ground. Participants will learn rock climbing, canoeing, ropes course skills, and much more during this week long team building camp.

1920.409 M-F, 26-Jul to 30-Jul 9:00 AM - 12:00 PM
1920.419 M-F, 26-Jul to 30-Jul 1:00 PM - 4:00 PM
Virginia Outdoors Center
\$100 City, \$140 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City
Special Registration form required.

Hook A Kid On Golf Camp

(Ages: 8 to 14yrs) Join this exciting new program while learning a sport you can enjoy for a lifetime. Participants will receive four days of instruction, along with a starter set of clubs, a golf shirt, and all the items needed to begin playing this wonderful sport. The final day we will take our new skills to the course and play a few holes.

Camp Times are 9:00-10:00am for the younger group, and 10:15-11:15am for the older group, PLUS Friday 5:00-8:00pm for the entire group. Groups will be determined by staff after registration is completed.

1550.404 M-F, 21-Jun to 25-Jun 9:00 AM - 11:15 AM
New Post Golf Range
\$145 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City
Special Registration form required.



YOUTH SPORTS THANK YOU

Thank you to our Coaches!

Gerald Abel	Matt Granger	Jacob Moran
Mavis Allen	Mike Holmes	Mike Morgan
Rob Almy	Brian Hong	Jim Nance
Andrew Battleson	Ken Irby	Mike Neloms
Nathan Bilodeau	Anthony Jackson	Anthony Rock
Chris Bowles	Hunter Janney	Carolyn Rollins
Gary Boxley	Christopher Jones	Shane Sims
Justin Boyd	Lorenzo Jones	Alfonso Stephanie
Telly Byrd	Doc King	RC Stephens
Terry Carden	Philip King	Chris Stoots
Richard Christopher	Rodney Lane	Guy Swain
Damian Cobey	Rob Landeck	Chris Tabor
Antonio Coghill	Antwan Lewis	Bruce Thompson
Jean Concepcion	Trina Lucas	Kevin Tighe
Brad Davis	Bern Mahon	Romel Turner
Jeff Davis	Rich McDaniel	Jimmy Whitman
Mike Flynn	Jimmy Mercer	Greg Yurchak
Patrick Garmin	Mike Monter	
Lakishia Gilliam	John Mora	

Thank you to our Sponsors!

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Price Waterhouse Coopers
Shanks Towing
Suntrust

COACHES! TEAM SPONSORS!

WE NEED YOU!

Call Jason Smith at (540) 372-1086 ext. 204
for more information on how to coach or
sponsor a team today!

2010 Rappahannock Regional Soap Box Derby

Race Date: Saturday, June 12, 2010

Racer Registration ends: April 30th

(540) 372-1086

Visit www.FredericksburgDerby.com

Volunteers Needed!

Do you like
giving back?
working with kids?
sharing your skills?
to help make a difference?
having fun?

If so, join us as a volunteer! Volunteer
for an hour, a day, or a lifetime!
Volunteers are always needed in the
following areas:

Special Events

First Night • Soap Box Derby • Childrens' Art Expo
and more!

Sports Coaches

Administrative Assistance

Camp Aids & Instructors

Sports Camps • Arts Camps • Childrens' Camps

For more information, please call
(540) 372-1086
or e-mail us at
fredprpf@fredericksburgva.gov



SEE PAGE 28
FOR D.C. UNITED'S
SUMMER CAMP

Sunday, May 16th

at Dixon Park

1:00 p.m. - 5:00 p.m.

PRESENTED BY:



**FREE Skills Competition
for kids between the ages of
6 to 15 years old**

Come out and test your skills against other area youth
while meeting D.C. United Academy Staff and Player(s).

Pre-Registration is open at www.fredericksburgva.gov

For information, please call 540.372.1086

FREDERICKSBURG
Parks, Recreation & Public Facilities

